

## "IT SEEMED I WOULD DIE"

Expression Used by Mrs. McGee in Describing the Terrible Agonies She Underwent.

Stephenville, Texas.—"For ten years," says Mrs. Jay McGee, of this place, "I suffered from womanly troubles. I had terrible headaches, pains in my back, etc."

My husband told me to try Cardui, the woman's tonic, but I did not think anything would do me any good.

It seemed as though I would die, I suffered so! At last, I consented to try Cardui, and it seemed to help me right away. I was interested, and continued its use.

The full treatment not only helped me, but it cured me. It will do the same for all sick or suffering girls or women—both married and unmarried.

I will always praise Cardui, the woman's tonic, highly, for it has been the means of saving my life and giving me good health."

Other women, who suffer as Mrs. McGee did, should profit by her experience, and get relief, as she did, by taking Cardui, the woman's tonic.

For women's pains, for womanly troubles, for nervousness, weakness, etc., its 50 years of splendid success, has proven that Cardui is a good remedy, prompt, reliable and harmless.

Cardui is almost sure to help you and will leave no disagreeable after-effects. Try it.

N. J.—Write to: Chattanooga Medicine Co., Ladies' Advisory Dept., Chattanooga, Tenn., for special instructions on your case and 64-page book, "Home Treatment for Women," sent in plain wrapper. Adv.

## SET MRS. ALLEN THINKING

Alec's Occupation in the Kitchen Evidently Meant Serious Results to Her Pantry.

Annie, the pretty maid employed at Mrs. Allen's, confided to her mistress when taking the place that she had lately become engaged to be married, but that she and Alec would have to wait a year or two, and in the meantime she wished to be earning money.

One evening, soon after Annie's arrival, Alec came to call, and the family agreed that they had never known so quiet a man. They heard the sound of Annie's voice now and then from the kitchen, but Alec's words were far and few between.

"Alec is not much of a talker, is he, Annie?" said Mrs. Allen the following morning. "We should have scarcely known there was anyone with you last evening."

"He'll talk more when we've been engaged a while longer, I'm thinkin', mum," replied Annie. "He's too bashful yet to do anything but eat, mum, when he's with me!"

Always on the Job.  
Jack—I hear that Mabel is an occasional contributor to magazines.

Edith—Judging from the quantities of powder she is purchasing I should think she is the chief of ordnance.—Town Topics.

Uninstructed.  
"Pa, what's a contraband?"  
"I don't know. I've never learned the names of all these automobile parts."—Judge.

Some thieves have no higher ambition than the top roost in a chicken house.

WORKS ALL DAY  
And Studies at Night on Grape-Nuts Food.

Some of the world's great men have worked during the day and studied evenings to fit themselves for greater things. But it requires a good constitution generally to do this.

A Qu. man was able to keep it up with ease after he had learned the sustaining power of Grape-Nuts, although he had failed in health before he changed his food supply. He says:

"Three years ago I had a severe attack of stomach trouble which left me unable to eat anything but bread and water."

"The nervous strain at my office from 8 A. M. to 5 P. M. and improper food caused my health to fall rapidly. Cereal and so-called 'Foods' were tried without benefit until I saw Grape-Nuts mentioned in the paper."

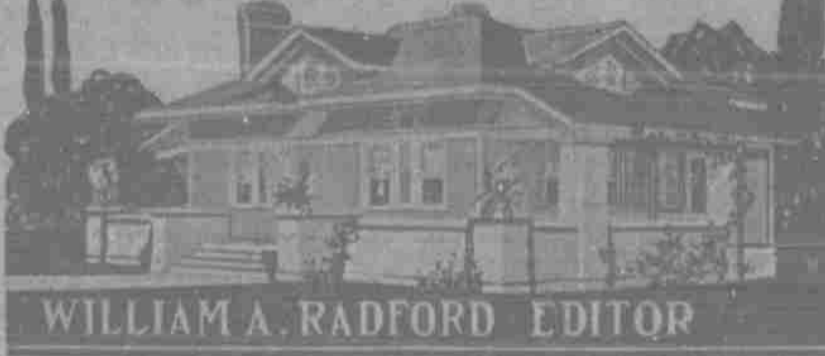
"In hopeless desperation I tried this food and at once gained strength, flesh and appetite. I am now able to work all day at the office and study at night, without the nervous exhaustion that was usual before I tried Grape-Nuts."

"It leaves me strengthened, refreshed, satisfied; nerves quieted and toned up, body and brain waste restored. I would have been a living skeleton, or more likely a dead one by this time, if it had not been for Grape-Nuts."

Names given by Postum Co., Battle Creek, Mich., Read "The Road to Wellville," in pages "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

## THE AMERICAN HOME



WILLIAM A. RADFORD EDITOR

Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 18 West Jackson boulevard, Chicago, Ill., and enclose two-cent stamp for reply.

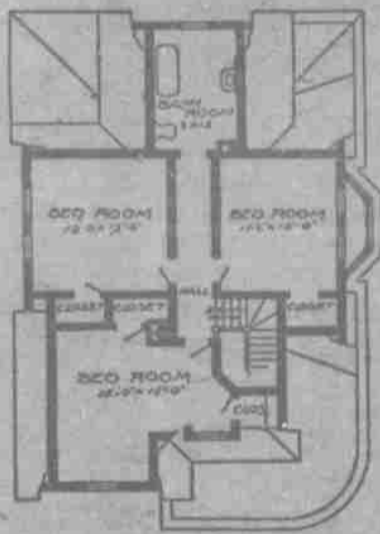
In some locations a house of one story and a half looks better than a higher one. Some folks like to build low houses and to make them wider. There are all kinds of houses and all sorts of people, so that everyone should be satisfied. There is a comfortable look about the little cottage here illustrated that I like. It has a roomy, comfortable, cool appearance for summer; and it looks as though a good furnace in the cellar would make it warm and cozy in the winter, too. It is 30x45 feet long on the ground, with the addition of two comfortable porches.

This house should face the north. Not every house plan is suitable for a lot with a northern exposure. Generally speaking, a southern frontage is preferred; but sometimes a northern outlook is desirable. It is not possible to face every house to the south, because there are not sites enough of this kind to go around. There are advantages in a northern exposure, with a house built like this, which offset some of the disadvantages. The parlor, library and downstairs bedroom could get the east sun in the morning. The kitchen would be bright and cheerful while the work is going on in the forenoon, and the dining room would be pleasant in winter time from ten or eleven o'clock in the morning until night. The hallways, both up

length of time. The draft, however, is more important than any other part of the chimney. Without a good draft it is impossible to have a satisfactory fire. Builders of chimneys seldom

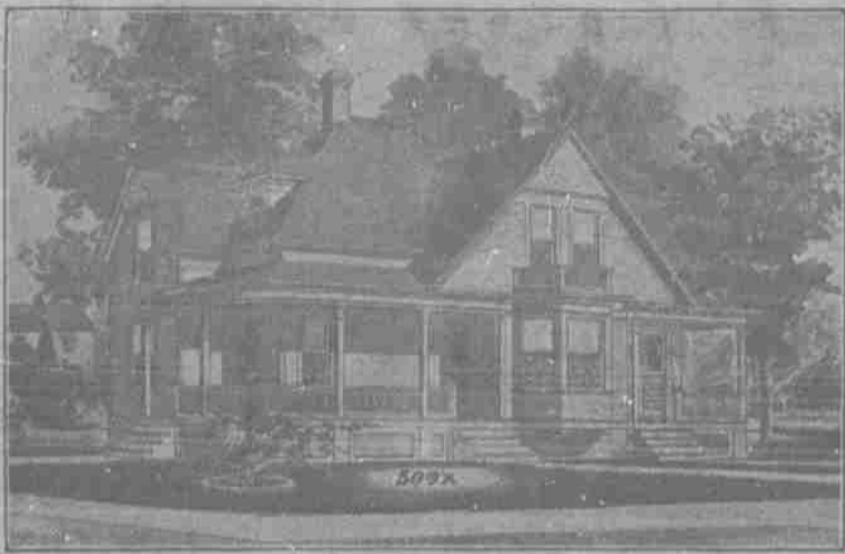
interesting feature of a grate and mantel; but it is all wrong to make any one thing in a house prominent above everything else. There is such a thing as harmony in house construction, as well as in dress or music.

One reason why open fires are not more popular is because the draft of the chimney has so often been left out of the contract. It is easy to specify the size and height, and to stipulate the amount of brick to be incorporated in the chimney; but it is not so easy to specify the amount of air that shall pass up the flue in a given



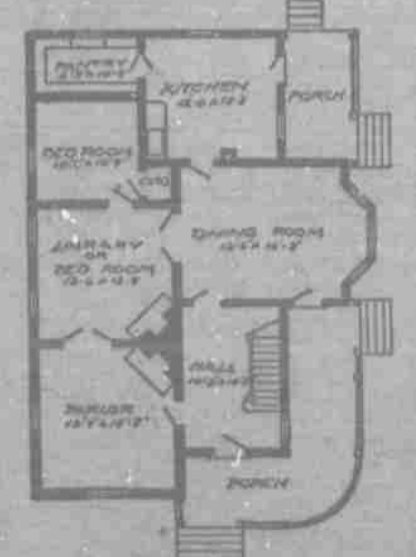
Second Floor Plan.

length of time. The draft, however, is more important than any other part of the chimney. Without a good draft it is impossible to have a satisfactory fire. Builders of chimneys seldom



stairs and down, could be spared for the northern exposure, because hallways are not occupied except as passageways.

There is an opportunity in this house to put in two grates, one in the library and one in the parlor. A great deal of attention is now being paid to grates and mantels. Some new California grates are raised above the



First Floor Plan.

floor of the room, set upon a sort of step or pedestal. The idea is that raising the fire slightly gets it up where it may be seen to better advantage, and it is said to be a little cleaner. Sometimes the fire step reaches out in front like a hearth, and extends on one side to the outer edge of the chimney. Architects and builders are giving more attention to grates and mantels, and the result is that some extraordinary effects are being introduced into expensive houses. It is all right to make an in-

agree about the proper way to insure a "draw." If the fire will not draw, it is an intolerable nuisance. It drives everybody out of the room with tear-stained eyes and unprintable expressions. It also leaves a trail of smoke on the walls, and other things very much to the annoyance of the housekeeper.

Some masons insist that a chimney must have a big throat in order to make it draw; others are very particular to have a long, narrow opening above the fire pot; but probably no man understands exactly why one chimney will have a good draft, while another chimney that looks just like it will have no draft at all. Some chimneys with a big throat fail to draw, and others with comparatively small openings work very satisfactorily.

There is as much difference in grates as there is in chimneys and mantels; from the old-fashioned androns to the closed-in chimney stores, there are many variations. There is also a great variety in sizes. Some grates are too small for any practical use, while others are so large that they entail a great waste of fuel.

Building a fireplace in any house is a mistake unless it is intended for use. A sham ornament of this kind is a mere mockery, and it is a disappointment. Shams are never satisfactory. A fireplace that is never used is a sham. It does not look well, and should never find a place in a dwelling house.

It is estimated that a house like the one here shown can be built complete, with fireplace, flues and registers, for from about \$1,800 to \$2,000; and this estimate is probably correct for most localities. Of course, wages and cost of material are very much higher in some places than others, and this must be taken into consideration in studying house plans and estimates.

## EFFORT TO SOFTEN THE BLOW

Possibly Things Would Have Happened If Mrs. Jones Had Heeded Remark of Her Husband.

Every one has heard authentic stories of the man who asked another, "Who is that old tramp over yonder?" and got the reply, "She is my wife."

But the story doesn't go far enough. Jones observed an old lady sitting across the room.

"For heaven's sake!" he remarked to Robinson, "who is that extraordinary old woman there?"

"That," answered Robinson, "is my wife."

Jones was taken aback, but moved up front again.

"Well," he said persuasively, "you just ought to see mine!"—New York Evening Post.

## SAGE TEA DARKENS GRAY

Keep Your Locks Youthful, Dark, Glossy and Thick With Common Garden Sage and Sulphur.

When you darken your hair with Sage Tea and Sulphur, no one can tell, because it's done so naturally, so evenly. Preparing this mixture, though, at home is messy and troublesome. For 50 cents you can buy at any drug store this ready-to-use tonic called "Wyeth's Sage and Sulphur Hair Remedy."

You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning all gray hair disappears, and, after another application or two, your hair becomes beautifully darkened, glossy and luxuriant. You will also discover dandruff is gone and hair has stopped falling.

Gray, faded hair, though no disgrace, is a sign of old age, and as we all desire a youthful and attractive appearance, get busy at once with Wyeth's Sage and Sulphur and look years younger.—Adv.

The Right Way.  
"Bill went all to pieces."  
"What did his wife say?"  
"Bill, collect yourself."

## IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely.

A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well child again.

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

A Temperance Note.  
"I hear the temperature is going to take a drop or two."

"Oh, naughty, naughty!"

The most effective, yet simplest remedy for coughs is Dean's Mentholated Cough Drops—5c at Drug Stores.

The office that seeks the man has the lone fisherman stalled to a standstill.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 5c a bottle.

This is a free country, which may explain why the politicians always help themselves.

## "PALS"

## GOOD DIGESTION AND GOOD HEALTH

Are you really "acquainted" with them?

Are you in "daily" touch with a keen appetite?

Do you know the pleasure of eating without distress?

Is your liver active and the bowels regular?

If you cannot truly answer "Yes,"—you should try

## HOSTETTER'S Stomach Bitters

IT WILL HELP YOU BACK TO HEALTH START TODAY

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